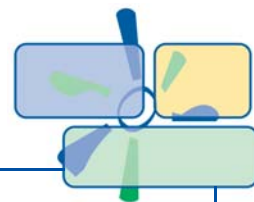


Asthma Resources



Recently Diagnosed with Asthma? Know someone who has asthma? Want to know more about it?

There is Something for Everyone

A is For Asthma: Sesame Street

Dani, a brand new Sesame Street friend, has asthma. Can he still play games with Rosito and Elmo? Yes, he can! With songs and an entertaining story, this video teaches all children about asthma.



Kids - Videos

- Asthma, Asthma, You Can't Stop Me
- I'm a Meter Reader!
- Winning Against Asthma
- A is For Asthma: Sesame Street

Adults - Videos

- Managing Your Asthma: A Guide for Adults With Asthma
- Breath of Life
- Acute and Chronic Inflammation in the Lungs
- Exercise and Asthma



Exercise and Asthma

Olympic and amateur athletes alike have asthma. How do they do it? They actively manage their asthma, and you can too! This video will show you why exercise is especially beneficial to people with asthma. Athletes also demonstrate their management techniques they use to participate in a variety of activities without symptoms.

Managing Childhood Asthma

In this video you will learn how to manage childhood asthma and work with your healthcare professional and reduce emergency room visits through better asthma management and a healthier lifestyle.



General - Videos

- How to Allergy-proof Your Home and Feel Better
- Breath of Life
- Acute and Chronic Inflammation in the Respiratory Tract
- Taking Charge of Asthma
- Trigger Proofing Your Home for Asthma and Allergy



Also Available

- CD-ROM game "Quest for the Code"
- Books, magazines and newsletters
- And other great resources!



Visit our website
health.utah.gov/asthma